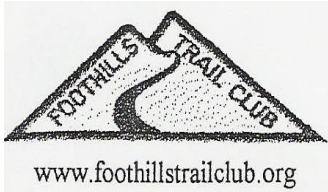


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*The Foothills Trail Club*

# TALES

July 2011

**TALES** is a bi-monthly newsletter devoted to informing club members about club business, activities and hikes, as well as about environmental issues related to trails and hiking, and other items of interest to hikers.

Please keep your submissions to a reasonable length and write or type clearly. If an article cannot be included in an issue, every effort will be made to put it in the next issue. Submitted articles may be edited if necessary.

The deadline for the September issue is August 1<sup>st</sup>.

## Yahoo!

To become a member of the Yahoo trails news group go to: [www.Yahoo.com](http://www.Yahoo.com) , click on Groups (blue lettering) and type "foothillstrailclub" into the search box. When asked for your info complete as little as you wish to become a member. There is no cost to you and you can get and post the latest information available about trail issues.

## Disclaimers

As a courtesy to our members we frequently provide information about events sponsored by other organizations. Unless published in the Foothills Trail Club schedule these events are not FTC outings. They are merely items of interest and anyone wanting more information should contact the appropriate organization.

## Contacts for Information

President	Pat Haynes	6543 Donlen Dr.	Ellicottville 14741	699-6056	<a href="mailto:Phaynes508@roadrunner.com">Phaynes508@roadrunner.com</a>
Vice President	vacant				
Treasurer	Jim Beardsley	15 Mayfair Lane	Buffalo 14201		<a href="mailto:jbeardsley60@aol.com">jbeardsley60@aol.com</a>
Secretary	Kathy Occhiuto	15 Logan Lane	Lancaster 14086	651-9877	<a href="mailto:focchiuto@live.com">focchiuto@live.com</a>
Membership Chair	Roy Tocha	11 N Eaglecrest Dr	Hamburg 14075		<a href="mailto:rtocha@yahoo.com">rtocha@yahoo.com</a>
Program Chair Weekend Hikes	Kathy Foote	349 Wimbledon Ct.	W. Seneca 14224		<a href="mailto:KMF349@aol.com">KMF349@aol.com</a>
Program Chair Tuesday Saunters	Frank Occhiuto	15 Logan Lane	Lancaster 14086	651-9877	<a href="mailto:focchiuto@live.com">focchiuto@live.com</a>
Program Chair - Wed -Mini-hikes (May/Jun)	Marie Schillo	288 Highgate Ave	Buffalo 14215	832-1921	
Program Chair - Wed - Mini-hikes (July/Aug)	Gayle Syty	70 Pheasant Run Rd	Amherst 14228	691-6750	
Trails Administrator	Mike Schlicht	11 Hedge Ct	Snyder 14226	316-4388	<a href="mailto:pageazi@yahoo.com">pageazi@yahoo.com</a>
Trail Steward Coordinator - North	Ben Petryszak	7626 Vermont Hill Rd.	Holland 14080	860-4530	
Trail Steward Coordinator - South	David Potzler	PO Box 19	West Falls 14170		<a href="mailto:dpotzler66@wildblue.net">dpotzler66@wildblue.net</a>
<u>Tales</u> Editor	Quinn Wright	3 Roberts Ave.	Buffalo 14206	826-1939	<a href="mailto:wrightquinn@hotmail.com">wrightquinn@hotmail.com</a>

## Remember to Respect Landowner rights:

Stay on the trail, don't take shortcuts, don't walk on crops, don't build fires or camp on private land and NEVER, EVER enter landowner buildings.

## Keep Us in the Loop

### GOING SOUTH FOR THE WINTER?

Please notify Membership Chair Roy Tocha or me. Also if you are moving to a new address notify Roy or me so that you will receive the Tales which are mailed by standard rate. Standard rate mailings are not forwarded by the Post Office. Thanks for your help in keeping our records up to date.

Thank you for your assistance.

Anne Beiter, Communication Chair

## Upcoming Events and Activities-Save the Dates for 2011

July 25	Foothills Board meeting	Reinstein Library, Cheektowaga	6:30PM	all are welcome
August 11 - 14	NCTA Annual meeting	Wright State Univ., Dayton, Ohio		
August 28 -September 2		Corbett Hollow Alley Cat	Hammondsport	Please volunteer
September 17 - 21	Hickory Hill Alley Cat	Bath		Please volunteer
September 17	Fall Potluck/General Meeting at Boston Conservation Club		2:00PM	all are welcome
	NOTE: Date change!! Details to follow later in this edition			
September 26	Foothills Board meeting	Reinstein Library, Cheektowaga	6:30PM	all are welcome
September 30-October 2				
	FLTC Fall Campout	Chenango Valley SP		details in a future issue of <u>Tales</u>
October 16	Wellsville Ridgewalk	Wellsville		
November 26	Foothills Board meeting	Reinstein Library, Cheektowaga	6:30PM	all are welcome

## Save the Dates and Volunteer

### Fall Potluck

The Foothills Trail Club's annual Fall Potluck is scheduled for September 17th at the Boston Valley Conservation Society on Zimmerman Road. The event will begin with a hike of about 5 miles in length and will be lead by Sherry Schleede. Everyone is asked to bring a dish to share. There will be a short business meeting following the Potluck Lunch.

### Wellsville Ridgewalk

19th Annual Ridgewalk and Run October 16th 2011  
Registration after JUNE 15 /Information: [www.ridgewalk.com](http://www.ridgewalk.com)

## Help Wanted

- Landowner Relations Coordinators - Annette Brzezicki will work with landowners on maps 5 & 6. Anyone who would like to become a landowner relations coordinator for any or all of maps 1-4, 7-12 please contact Pat Haynes.
- Trail Steward - There are several trail steward and assistant openings on Maps 1 - 12. If you are able to take on a section, please contact Dave Potzler at [dpotzler66@wildblue.net](mailto:dpotzler66@wildblue.net) or 949-3295.
- Membership - please recruit new members! A club eventually fails if there is not a steady influx of new membership. If you have not renewed your membership, please do so as soon as possible. Size matters!! - The bigger the membership, the easier it becomes to manage the club and maintain the trail.

# MEMBERSHIP

**Welcome to our new members:** Sheila & Tom Balke, Ellen Banks, Doreen Barr, Robert Chatterson, Carol Dambmann, Glenn & Laura Diamond, Dawn Gallagher, Claudia Lawler, Mary Malinowsky, Eva Mongeon, Jean & Jose Olea, Donna & Marty Ruszaj, Elaine Tober, Susan Vogel, Gary & Beverly Wesolowski, Deborah Zack

## Member News

### 50<sup>th</sup> Anniversary Hike series

- **E2E - hike #2 - Saturday April 23<sup>rd</sup>.**
  - Driving to the start of the hike all I saw was rain, rain and more rain! However, as I approached Niagara Falls Blvd. Mother Nature intervened and the rain let up and by the time I parked my car at Ellicott Creek Park most of the rain had stopped. At the start of the hike the skies were overcast, but mid-way through the hike, the sun came out. What a great day we had!
- **E2E - hike # 3 Saturday May 14<sup>th</sup>**
  - Believe it or not again the threat of rain for this hike- but only a few drizzles here and there came down and again another great day hiking.
- **E2E - hike # 4 - Saturday June 4<sup>th</sup>.**
  - Well, our luck finally caught up with us and on today's hike Mother Nature really socked it to us and the rain came down. Some hikers chose to bail out and finish up another time, while others decided to head forward just as the sky brightened up and the sun came out. All in all, another great hiking day was enjoyed by everyone.

Helping to put this hike series together are:

Attendance - Jeanne Moog

Half hike arrangements - Dee McCarthy

Name Tag (wooden cookie maker) - Frank Occhiuto

Registration - Donna Frantz

Sag/goodie helpers - Pam Bassett, Bill Boehm, Kathy Laynor, Carol Mallon, Connie Umland, and Carol Waz.

Our hike leaders and sweeps are: Susan Collier, Diane Fenski, Donna Flood, Kathy Foote, Melanie Okoniewski, Gus Phillips, Mike Schlicht, Shari Senefelder, Denise Smith, Quinn Wright

Foothills volunteers you are the best.

Thanks again everyone,

Annette, Jake & Mike.

Hike Rating

- |                                   |   |
|-----------------------------------|---|
| 1 - Leisurely pace or Nature walk | A - Flat or very gently rolling terrain |
| 2 - Moderate pace                 | B - Moderate hilly terrain              |
| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

## Hiker's Corner

- **INSURANCE NOTE:** Attention members: Foothills Trail Club carries liability insurance to financially protect all of us in case a participant in a Foothills activity is injured. As a condition of our insurance coverage, every participant in an activity needs to sign the liability waiver before the activity begins. So please make sure you sign the form!
- **Hike Leaders and Hikers:** Before you commit to lead a club hike or plan a personal hike, check the trail conditions to ensure that the trail is open. This information can be found on the FLT website: [www.fingerlakestrail.org](http://www.fingerlakestrail.org). Click on "TRAIL CONDITIONS" and select the map # for your intended hike. Map numbers that appear in ORANGE have trails closures for hunting. Trail conditions are outlined for all the other maps #'s.
- **HIKER RESPONSIBILITY:** We remind you that you, and only you, are responsible for your own actions. Come to our events prepared. Do not participate if the event may present a hazard for which you or your party members are not prepared. If weather is questionable or if you have questions, please call the named hike coordinator; the hike may be canceled. When participating, please respect the coordinator and do not break away from the group without telling them. We suggest you always keep your eye on someone in front of you, and behind you if you are in the lead. Please remember that hike leaders are not guides; they are volunteers, willing to share their knowledge and experience with you. Please give them your cooperation and respect. The leader has the right to refuse anyone who is not prepared for the outing. In addition, if the hike leader does arrange carpooling, passengers are expected to contribute toward the cost of transportation. Finally, since there are **RISKS INVOLVED** in hiking everyone participating does so at his or her own risk.
- **REMEMBER TO RESPECT LANDOWNER RIGHTS:** Stay on the trail, don't take shortcuts, don't walk on crops, don't build fires or camp on private land and **NEVER, EVER** enter landowner buildings.
- There are hikes or skating scheduled for many days in January and February. Be sure to thank those members who have volunteered to lead these activities.

**FOOTHILLS TRAIL CLUB  
HIKING SCHEDULE  
Jul/Aug 2011**

**Hike Rating**

- |                                   |   |
|-----------------------------------|---|
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| 2 - Moderate pace                 | B - Moderate hilly terrain              |
| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

**Friday, July 1** **6:30pm** **6 mi** **2A**

**Evening Riverwalk**

MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda.  
Call CONNIE UMLAND 833-3851

**Saturday, July 2** **10am** **6 mi** **2B**

**Niagara Falls**

MEET: at the Niagara Falls Whirlpool parking lot. We will walk from the Whirlpool State Park, down the stairs into the Niagara Gorge, go to the Whirlpool, backtrack to the Devil's Hole in the Gorge and hike up the stairs to the rim and back to the Whirlpool parking lot.  
Call ROY TOCHA 254-4285 or RRTocha@yahoo.com

**Sunday, July 3** **2pm** **3-4 mi** **2A**

**South Park / Our Lady of Victory Basilica/ Holy Cross Cemetery**

MEET: in the parking lot just right of the Botanical Gardens off of South Park Avenue. We will walk to the Basilica, through the old section of Holy Cross Cemetery, walk back to South Park and do one or two laps around the ring road. Call KATHY FOOTE 675-3989

**Monday, July 4** **10am** **5 mi** **2B**

**Bear Cave Hike at Allegany State Park**

MEET: at the Quaker Side Registration Building. Following the hike, we'll have a picnic. So bring a dish to pass. Pat will supply the hot dogs. Call PAT HAYNES 699-6056 or 472-5189 (cell phone) with questions or to set up a carpool.

**Tuesday Saunter, July 5** **10am** **3.6 mi** **1A**

**Conservation Trail**

MEET: at water intake towers in Niagara Falls, NY. We will hike the Niagara River Bike Trail to the Rainbow Bridge. This is Part 1 of the makeup of the first half of the Conservation Trail End-to-End #1 hike. Call DORIS KONOWALSKI 875-9475

**Tuesday, July 5** **6:30pm** **4 mi** **2B**

**Stiglmeier Park**

MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989

**Wednesday Night Mini-Hike, July 6** **6:30pm** **4 mi** **2A**

**Erie Beach, Canada**

MEET: at Old "Fort Erie" parking lot (.9 miles south of the Peace Bridge). Take the Peace Bridge to QEW to Central Avenue exit. Optional: bring snack/beverage for social after hike. Don't forget ID for the bridge! Call ELAINE EVANOVICH 826-2465 or 445-9195

**Thursday, July 7** **6:30pm** **5 mi** **3B**

**Chestnut Ridge Park – Good Cardio Workout**

MEET: in casino parking lot. Call GUS PHILLIPS 646-5034

Bring lunch on all day hikes  
The weather may force cancellations. If in doubt, check with coordinator.  
Always check trail conditions before you hike at: [www.fingerlakestrail.org](http://www.fingerlakestrail.org)  
A good hiker leaves NO TRACES  
For further details visit [www.foothillstrailclub.org](http://www.foothillstrailclub.org)

**FOOTHILLS TRAIL CLUB  
HIKING SCHEDULE  
Jul/Aug 2011**

**Hike Rating**

- |                                   |   |
|-----------------------------------|---|
| 1 - Leisurely pace or Nature walk | A - Flat or very gently rolling terrain |
| 2 - Moderate pace                 | B - Moderate hilly terrain              |
| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

**Friday, July 8** **6:30pm** **6 mi** **2A**  
**Evening Riverwalk**

MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda.  
 Call CONNIE UMLAND 833-3851

**Saturday, July 9** **9:30am** **6 mi** **2A**  
**Conservation Trail End-to-End Shorter Hike #5A**

**Reynolds Road to Kutter's Cheese (CT8, Access 5 to 3)**

MEET: at Kutter's Cheese, 857 Main Road #1 (Rt. 5), Corfu, NY. Directions to Kutter's Cheese: from I-90 take exit 48A (Rt. 77). At light turn right. Proceed to Rt. 5 and turn right. Just before the overpass, Kutter's Cheese is on the right. Park in Kutter's Cheese parking lot. We will spot cars at Reynolds Road and hike back. Call DEE McCARTHY 866-1233

**Sunday, July 10** **1pm** **3-4 mi** **2B**  
**Holland**

MEET: at 7626 Vermont Hill Road, 2 miles north of Vermont Street or 3.4 miles south of Warner Hill Road. Park off the road in barnyard. Ben will provide hot dogs, hamburgers and sausage after the hike. Please bring salads or dessert to share. Call BEN PETRYSZAK 537-2121

**Monday, July 11** **6pm** **5 or 8 mi** **3A**  
**Evening City Walk – Good Cardio Workout**

MEET: St. John's-Grace Episcopal Church, Historic Landmark, at the corner of Bidwell & Colonial Circle (parallel to Lafayette & Bidwell), on the Lafayette Avenue side of the church. We will walk up Bidwell to Chapin Parkway, down Lincoln, around Hoyt Lake and back again. Optional: add 3 miles by walking around the ring road (Buffalo Zoo) at Delaware Park. Bring water. No hike if raining. Call TARA WELTY 852-3090 Please, no phone calls the day of the hike; they will not be returned!

**Tuesday Saunter, July 12** **10am** **2-3 mi** **1A**  
**Knox Farm State Park**

MEET: at Seneca Street main entrance. Call JEANNE MOOG 445-3179

**Tuesday, July 12** **6:30pm** **4 mi** **2B**  
**Stiglmeier Park**

MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989

**Wednesday Night Mini-Hike, July 13** **6:30pm** **3 mi** **1A**  
**Central Park**

MEET: at the corner of Main Street and E. Morris Avenue (near Bennett High School).  
 Call DAVID WITTMANN 823-8156

**Thursday, July 14** **9am** **4 mi** **3A**  
**Waterfront**

MEET: at the Hatch. We'll walk from the Erie Basin Marina, through LaSalle Park, to the Buffalo Yacht Club and back. Call TARA WELTY 852-3090

Bring lunch on all day hikes  
 The weather may force cancellations. If in doubt, check with coordinator.  
 Always check trail conditions before you hike at: [www.fingerlakestrail.org](http://www.fingerlakestrail.org)  
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**FOOTHILLS TRAIL CLUB  
HIKING SCHEDULE  
Jul/Aug 2011**

**Hike Rating**

- |                                   |   |
|-----------------------------------|---|
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| 2 - Moderate pace                 | B - Moderate hilly terrain              |
| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

**Thursday, July 14** **6:30pm** **5 mi** **3B**

**Chestnut Ridge Park – Good Cardio Workout**

MEET: in casino parking lot. Call GUS PHILLIPS 646-5034

**Friday, July 15** **6:30pm** **6 mi** **2A**

**Evening Riverwalk**

MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda.  
Call CONNIE UMLAND 833-3851

**Saturday, July 16** **9:30am** **6-8 mi** **2B**

**Zoar Valley**

MEET: at the Camp Road exit of the Thruway in the old Bob Evans parking lot. We will hike the South Rim of the Main Branch of Cattaraugus Creek. We will drive to Gowanda, NY, and park next to the power line and hike to the Gorge from there. Call ROY TOCHA 254-4285 or [RRTocha@yahoo.com](mailto:RRTocha@yahoo.com)

or

**Saturday, July 16** **10am** **4 mi** **2A**

**Williamsville Escarpment to Glen Park**

MEET: in Wegman's parking lot, Sheridan Drive & Essjay Road, first entrance. Optional: stop at farmer's market. Call GAIL SYTY 691-6750

**Sunday, July 17** **10am** **3-4 mi** **2B**

**Eighteen Mile Creek**

MEET: at entrance to Red Roof Inn (old Bob Evans restaurant) on Camp Road (Rt. 75) in Hamburg. Call GUS PHILLIPS at 646-5034

or

**Sunday, July 17** **2pm** **6 mi** **2B**

**Corfu**

MEET: at Kutter's Cheese on Route 5. We will hike from Reynolds Road back to Kutter's Cheese. There's lots of poison ivy. So wear long pants! Call DONNA FLOOD 759-6442

**Monday, July 18** **6pm** **5 or 8 mi** **3A**

**Evening City Walk – Good Cardio Workout**

MEET: St. John's-Grace Episcopal Church, Historic Landmark, at the corner of Bidwell & Colonial Circle (parallel to Lafayette & Bidwell), on the Lafayette Avenue side of the church. We will walk up Bidwell to Chapin Parkway, down Lincoln, around Hoyt Lake and back again. Optional: add 3 miles by walking around the ring road (Buffalo Zoo) at Delaware Park. Bring water. No hike if raining. Call TARA WELTY 852-3090 Please, no phone calls the day of the hike; they will not be returned!

Bring lunch on all day hikes  
The weather may force cancellations. If in doubt, check with coordinator.  
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**FOOTHILLS TRAIL CLUB  
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Jul/Aug 2011**

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| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

**Tuesday Saunter, July 19** **10am** **4 mi** **2A**  
**Tillman Nature Preserve**

MEET: at parking lot at corner of Strickler Road and Wehrle Road in Clarence.  
 Call SANDY WARNER 759-6345 or [swarner274@aol.com](mailto:swarner274@aol.com)

**Tuesday, July 19** **6:30pm** **4 mi** **2B**  
**Stiglmeier Park**

MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989

**Wednesday Night Mini-Hike, July 20** **6:30pm** **4 mi** **2B**  
**Knox Farm State Park**

MEET: in parking lot off Route 16 (Seneca Street) near Bowen Road.  
 Call JEANNE MOOG 652-6190 (445-3179 day of hike)

**Thursday, July 21** **6:30pm** **5 mi** **3B**  
**Chestnut Ridge Park – Good Cardio Workout**

MEET: in casino parking lot. Call GUS PHILLIPS 646-5034

**Friday, July 22** **6:30pm** **6 mi** **2A**  
**Evening Riverwalk**

MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda.  
 Call CONNIE UMLAND 833-3851

**Saturday, July 23**  
**Conservation Trail End-to-End #6**

**Sunday, July 24** **9am** **approx. 12 mi** **2C**  
**Finger Lakes Trail – Maples-Ellicottville Road to Cobb Property (CT3 & 4)**

MEET: at Cobb property on Route 242. Lots of hills! Call NICK SCARANO 716-543-7591

**Monday, July 25** **6pm** **5 or 8 mi** **3A**  
**Evening City Walk – Good Cardio Workout**

MEET: St. John's-Grace Episcopal Church, Historic Landmark, at the corner of Bidwell & Colonial Circle (parallel to Lafayette & Bidwell), on the Lafayette Avenue side of the church. We will walk up Bidwell to Chapin Parkway, down Lincoln, around Hoyt Lake and back again. Optional: add 3 miles by walking around the ring road (Buffalo Zoo) at Delaware Park. Bring water. No hike if raining. Call TARA WELTY 852-3090 Please, no phone calls the day of the hike; they will not be returned!

**Tuesday Saunter, July 26** **10am** **3 mi** **2A**  
**18 Mile Creek**

MEET: at Old Lake Shore Road fishing access on left past North Creek Road. We will hike the trail to the beach and walk on the beach. If rain, the hike will be cancelled.  
 Call BARBARA MORRISEY 627-3878

Bring lunch on all day hikes  
 The weather may force cancellations. If in doubt, check with coordinator.  
 Always check trail conditions before you hike at: [www.fingerlakestrail.org](http://www.fingerlakestrail.org)  
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| 2 - Moderate pace                 | B - Moderate hilly terrain              |
| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

**Tuesday, July 26** **6:30pm** **4 mi** **2B**  
**Stiglmeier Park**

MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989

**Wednesday Night Mini-Hike, July 27** **6:30pm** **3 mi** **2B-C**  
**Emery Park**

MEET: in parking lot on the left, past the ski hill, off of Emery Road.  
 Call BLAINE BOECKEL 604-4095

**Thursday, July 28** **9am** **5 mi** **3A**  
**Times Beach**

MEET: at Tiff Nature Preserve. We will hike the trail along the lake to Times Beach, visit the Coast Guard area and walk back to Tiff. Call TARA WELTY 852-3090

**Thursday, July 28** **6:30pm** **5 mi** **3B**  
**Chestnut Ridge Park – Good Cardio Workout**

MEET: in casino parking lot. Call GUS PHILLIPS 646-5034

**Friday, July 29** **6:30pm** **6 mi** **2A**  
**Evening Riverwalk**

MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda.  
 Call CONNIE UMLAND 833-3851

**Saturday, July 30** **9:30am** **4.2 mi** **2B**  
**Conservation Trail End-to-End Shorter Hike #6A**

**Getman Road to Folsomdale & Sinn Road (CT7, Access 9 to 7)**

MEET: Folsomdale & Sinn Road, Folsomdale, NY. Directions to Folsomdale: from the 400S, exit at Rt. 20A (East Aurora) and turn left. Follow Rt. 20A East to Folsomdale Road (aka CR35/Dutch Hollow Road) approx. 7.7 miles. Turn left onto Folsomdale. Sinn Road is approximately three miles down the road. Parking available on Folsomdale & Sinn Road. Sinn Road is preferable. We will spot cars at Getman Road and hike back.  
 Call DEE McCARTHY 866-1233

**Sunday, July 31** **9:30 am** **6-7 mi** **2A**  
**Clarence**

MEET: at parking lot on Sawmill Road, behind the gas station on the corner of Main Street (Route 5) and Sawmill Road. This mostly level hike will be on paved trail and in wooded areas.  
 Call MARIA PECENCO 759-2628

Bring lunch on all day hikes  
 The weather may force cancellations. If in doubt, check with coordinator.  
 Always check trail conditions before you hike at: [www.fingerlakestrail.org](http://www.fingerlakestrail.org)  
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| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

<b>Monday, Aug 1</b>	<b>6pm</b>	<b>5 or 8 mi</b>	<b>3A</b>
<b>Evening City Walk – Good Cardio Workout</b>			
MEET: St. John's-Grace Episcopal Church, Historic Landmark, at the corner of Bidwell & Colonial Circle (parallel to Lafayette & Bidwell), on the Lafayette Avenue side of the church. We will walk up Bidwell to Chapin Parkway, down Lincoln, around Hoyt Lake and back again. Optional: add 3 miles by walking around the ring road (Buffalo Zoo) at Delaware Park. Bring water. No hike if raining. Call TARA WELTY 852-3090 Please, no phone calls the day of the hike; they will not be returned!			
<b>Tuesday Saunter, Aug 2</b>	<b>10am</b>	<b>4 mi</b>	<b>1A</b>
<b>Riverwalk</b>			
MEET: at parking lot on the right at the end of Ferry Street. We will walk north along river path. Call GERI CIPRICH 684-4449 or <a href="mailto:ciprich6@verizon.net">ciprich6@verizon.net</a>			
<b>Tuesday, Aug 2</b>	<b>6:30pm</b>	<b>4 mi</b>	<b>2B</b>
<b>Stiglmeier Park</b>			
MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989			
<b>Wednesday Night Mini-Hike, Aug 3</b>	<b>6:30pm</b>	<b>3-4 mi</b>	<b>2A</b>
<b>Como Park</b>			
MEET: at first shelter off of Bowen Road entrance. Call FRANK OCCHIUTO 651-9877			
<b>Thursday, Aug 4</b>	<b>6:30pm</b>	<b>5 mi</b>	<b>3B</b>
<b>Chestnut Ridge Park – Good Cardio Workout</b>			
MEET: in casino parking lot. Call GUS PHILLIPS 646-5034			
<b>Friday, Aug 5</b>	<b>6:30pm</b>	<b>6 mi</b>	<b>2A</b>
<b>Evening Riverwalk</b>			
MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda. Call CONNIE UMLAND 833-3851			
<b>Saturday, Aug 6</b>			
<b>Conservation Trail End-to-End #7</b>			
<b>Sunday, Aug 7</b>	<b>10:30am</b>	<b>3-4 mi</b>	<b>2A</b>
<b>Williamsville</b>			
MEET: at Park & Ride at Union Road and Main Street. We will walk the Lehigh Memory Trail and visit the Taste of Williamsville. Call GAIL SYTY 691-6750			

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**FOOTHILLS TRAIL CLUB  
HIKING SCHEDULE  
Jul/Aug 2011**

**Hike Rating**

- |                                   |   |
|-----------------------------------|---|
| 1 - Leisurely pace or Nature walk | A - Flat or very gently rolling terrain |
| 2 - Moderate pace                 | B - Moderate hilly terrain              |
| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

**Monday, Aug 8** **6pm** **5 or 8 mi** **3A**  
**Evening City Walk – Good Cardio Workout**  
 MEET: St. John's-Grace Episcopal Church, Historic Landmark, at the corner of Bidwell & Colonial Circle (parallel to Lafayette & Bidwell), on the Lafayette Avenue side of the church. We will walk up Bidwell to Chapin Parkway, down Lincoln, around Hoyt Lake and back again. Optional: add 3 miles by walking around the ring road (Buffalo Zoo) at Delaware Park. Bring water. No hike if raining. Call TARA WELTY 852-3090 Please, no phone calls the day of the hike; they will not be returned!

**Tuesday Saunter, Aug 9** **10am** **3-4 mi** **2A**  
**Hunters Creek Park**  
 MEET: at Centerline Road parking lot. The trails are dirt and could be muddy. Some gentle hills. Call JEANNE MOOG 652-6190 (445-3179 day of hike)

**Tuesday, Aug 9** **6:30pm** **4 mi** **2B**  
**Stiglmeier Park**  
 MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989

**Wednesday Night Mini-Hike, Aug 10** **6:30pm** **4 mi** **2A**  
**Erie Basin Marina to LaSalle Park**  
 MEET: at the Hatch restaurant. Optional: ice cream after the hike. Call SHARI SENEFELDER 694-4346

**Thursday, Aug 11** **9am** **4 mi** **3A**  
**Waterfront**  
 MEET: at the Hatch. We'll walk from the Erie Basin Marina, through LaSalle Park, to the Buffalo Yacht Club and back. Call TARA WELTY 852-3090

**Thursday, Aug 11** **6:30pm** **5 mi** **3B**  
**Chestnut Ridge Park – Good Cardio Workout**  
 MEET: in casino parking lot. Call GUS PHILLIPS 646-5034

**Friday, Aug 12** **6:30pm** **6 mi** **2A**  
**Evening Riverwalk**  
 MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda. Call CONNIE UMLAND 833-3851

**Saturday, Aug 13** **9:30 am** **4 mi** **2B**  
**Conservation Trail End-to-End Shorter Hike #7A**  
**Woodchuck Road to Hunters Creek Park (CT7, Access 4 to 2)**  
 MEET: at Hunters Creek Park, Centerline Road. Directions: from 400S, exit at Rt. 20A and turn left. Follow Rt. 20A East to Reiter/Sheppard Hill Road (less than one mile), turn right onto Reiter Road. Turn left onto Centerline Road (CR 92), turn left into parking lot at Hunters Creek Park. We will spot cars at Woodchuck Road and hike back. Call DEE McCARTHY 866-1233

Bring lunch on all day hikes  
 The weather may force cancellations. If in doubt, check with coordinator.  
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**FOOTHILLS TRAIL CLUB  
HIKING SCHEDULE  
Jul/Aug 2011**

**Hike Rating**

- |                                   |   |
|-----------------------------------|---|
| 1 - Leisurely pace or Nature walk | A - Flat or very gently rolling terrain |
| 2 - Moderate pace                 | B - Moderate hilly terrain              |
| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

**Saturday Evening Hike, Aug 13** **8pm Sharp!** **6.3 mi** **2B**

**Kutter's Cheese to Reynolds Road**

Did you miss the 50<sup>th</sup> Anniversary Hike #5? Well, you can hike part one of that series. We'll meet at Kutter's Cheese and drive to Reynolds Road and hike back to our cars. Bring a headlamp, flashlight and wear something bright! Call MIKE SCHLICHT 716-316-4388

**Sunday, Aug 14** **2pm** **3-4 mi** **2B**

**Holland**

MEET: at 7626 Vermont Hill Road, 2 miles north of Vermont Street or 3.4 miles south of Warner Hill Road. Park off the road in barnyard. Potluck after hike. Call BEN PETRYSZAK 537-2121

**Monday, Aug 15** **6pm** **5 or 8 mi** **3A**

**Evening City Walk – Good Cardio Workout**

MEET: St. John's-Grace Episcopal Church, Historic Landmark, at the corner of Bidwell & Colonial Circle (parallel to Lafayette & Bidwell), on the Lafayette Avenue side of the church. We will walk up Bidwell to Chapin Parkway, down Lincoln, around Hoyt Lake and back again. Optional: add 3 miles by walking around the ring road (Buffalo Zoo) at Delaware Park. Bring water. No hike if raining. Call TARA WELTY 852-3090 Please, no phone calls the day of the hike; they will not be returned!

**Tuesday Saunter, Aug 16** **10am** **3.7 mi** **1A**

**Conservation Trail**

MEET: at water intake towers in Niagara Falls, NY. We will hike the Niagara River Bike Trail and go over the North Grand Island Bridge to the eagle overlook (Niagara County Water Department building). This is Part 2 of the makeup of the first half of the Conservation Trail End-to-End Hike #1. Call DORIS KONOWALKSI 875-9475

**Tuesday, Aug 16** **6:30pm** **4 mi** **2B**

**Stiglmeier Park**

MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989

**Wednesday Night Mini-Hike, Aug 17** **6:30pm** **3-4 mi** **2A**

**Clarence Bike Path**

MEET: at bike path parking lot on Salt Road near Main Street. Optional: ice cream stop. Call DONNA FLOOD 759-6442

**Thursday, Aug 18** **6:30pm** **5 mi** **3B**

**Chestnut Ridge Park – Good Cardio Workout**

MEET: in casino parking lot. Call GUS PHILLIPS 646-5034

**Friday, Aug 19** **6:30pm** **6 mi** **2A**

**Evening Riverwalk**

MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda. Call CONNIE UMLAND 833-3851

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**FOOTHILLS TRAIL CLUB  
HIKING SCHEDULE  
Jul/Aug 2011**

**Hike Rating**

- |                                   |   |
|-----------------------------------|---|
| 1 - Leisurely pace or Nature walk | A - Flat or very gently rolling terrain |
| 2 - Moderate pace                 | B - Moderate hilly terrain              |
| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

**Saturday, Aug 20** **11am** **6 mi** **2C**

**Letchworth State Park – Hike to follow Trail #1 along gorge**

MEET: at the Glen Iris Inn parking lot. For carpooling, meet at Stiglmeier Park (first lot on the left upon entrance) at **9am sharp**. Confirm if rain or, for further information, call KATHY or FRANK OCCHIUTO 651-9877 (868-2119 day of hike)

**Saturday Evening Hike, Aug 20** **8pm Sharp!** **approx. 6 mi** **2B**

**Reynolds Road to Route 20A at Darien Lake State Park**

Did you miss the 50<sup>th</sup> Anniversary Hike #5? Well, you can hike part two of that series. We'll meet at the parking lot at Rt. 20A/Darien Lake and drive to Reynolds Road and hike back to our cars. Bring a headlamp, flashlight and wear something bright!  
Call MIKE SCHLICHT 716-316-4388

**Sunday, Aug 21** **2pm** **3 mi** **2A**

**Clarence**

MEET: at Wehrle bike path parking lot and hike to Salt Road. Stop for ice cream at Gianni Mazia's. Call DONNA FLOOD 759-6442

**Monday, Aug 22** **6pm** **5 or 8 mi** **3A**

**Evening City Walk – Good Cardio Workout**

MEET: St. John's-Grace Episcopal Church, Historic Landmark, at the corner of Bidwell & Colonial Circle (parallel to Lafayette & Bidwell), on the Lafayette Avenue side of the church. We will walk up Bidwell to Chapin Parkway, down Lincoln, around Hoyt Lake and back again. Optional: add 3 miles by walking around the ring road (Buffalo Zoo) at Delaware Park. Bring water. No hike if raining. Call TARA WELTY 852-3090 Please, no phone calls the day of the hike; they will not be returned!

**Tuesday Saunter, Aug 23** **10am** **2.5 mi** **1A**

**Birdsong Sanctuary**

MEET: at Birdsong Road, off Jewett Holmwood, parking lot, left hand side.  
Call LORI HARF 681-3719

**Tuesday, Aug 23** **6:30pm** **4 mi** **2B**

**Stiglmeier Park**

MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989

**Wednesday Night Mini-Hike, Aug 24** **6:30pm** **4 mi** **2A**

**Buckhorn State Park, Grand Island**

MEET: in parking lot on East River Parkway (approx. .2 miles from Baseline Road). Take "Long Road" exit on the island to Baseline Road. Call CAROL RACEY 693-2274

**Thursday, Aug 25** **9am** **5 mi** **3A**

**Times Beach**

MEET: at Tiff Nature Preserve. We will hike the trail along the lake to Times Beach, visit the Coast Guard area and walk back to Tiff. Call TARA WELTY 852-3090

Bring lunch on all day hikes  
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**FOOTHILLS TRAIL CLUB  
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Jul/Aug 2011**

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- |                                   |   |
|-----------------------------------|---|
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| 2 - Moderate pace                 | B - Moderate hilly terrain              |
| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

**Thursday, Aug 25** **6:30pm** **5 mi** **3B**

**Chestnut Ridge Park – Good Cardio Workout**

MEET: in casino parking lot. Call GUS PHILLIPS 646-5034

**Friday, Aug 26** **6:30pm** **6 mi** **2A**

**Evening Riverwalk**

MEET: near the Riverwalk across from Mississippi Mudds on River Road, Tonawanda.  
Call CONNIE UMLAND 833-3851

**Saturday, Aug 27**  
**Conservation Trail End-to-End #8**

**Sunday, Aug 28** **9:30am** **4-6 mi** **1A**

**Amherst Canalway Trail**

MEET: at Amherst Museum, by Tonawanda Creek Road, in rear parking lot.  
Call MARIE SCHILLO 832-1921

or

**Sunday, Aug 28** **4 or 8 mi** **3A**

**Grand Island – Two Hikes**

MEET: at Beaver Island parking lot closest to the casino (usually no parking attendant until 9am). First hike will be 5 miles around Beaver Island State Park (**9am – 10:30am**). Afterwards, we will drive to Buckhorn State Park and at **11am** hike another 4 miles. So, join us for just one hike or both! Plan on a picnic back at Beaver Island around 1PM if the weather is good. Call QUINN WRIGHT 826-1939

**Monday, Aug 29** **6pm** **5 or 8 mi** **3A**

**Evening City Walk – Good Cardio Workout**

MEET: St. John's-Grace Episcopal Church, Historic Landmark, at the corner of Bidwell & Colonial Circle (parallel to Lafayette & Bidwell), on the Lafayette Avenue side of the church. We will walk up Bidwell to Chapin Parkway, down Lincoln, around Hoyt Lake and back again. Optional: add 3 miles by walking around the ring road (Buffalo Zoo) at Delaware Park. Bring water. No hike if raining. Call TARA WELTY 852-3090 Please, no phone calls the day of the hike; they will not be returned!

**Tuesday Saunter, Aug 30** **10am** **3.5 mi** **1A**

**Margaret Louise Park**

MEET: at Dashes Plaza parking lot facing Hopkins Road. Call GAIL SYTY 691-6750

**Tuesday, Aug 30** **6:30pm** **4 mi** **2B**

**Stiglmeier Park**

MEET: after entering the park at the entrance on Losson Road, turn right and go to the last parking lot (past the playground). Call KATHY FOOTE 675-3989

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HIKING SCHEDULE  
Jul/Aug 2011**

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- |                                   |   |
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| 3 - Brisk, steady pace            | C - Steep hills, scrambles possible     |
| 4 - Fast pace                     |   |

**Wednesday Night Mini-Hike, Aug 31** **6:30pm** **4 mi** **2B**  
**Williamsville Escarpment to Glen Park**  
 MEET: at Wegman's parking lot, Sheridan Drive and Essjay Road, first entrance.  
 Call GAYLE SYTY 691-6750

**Future Hikes:**

**Wednesday Night Mini-Hike, Sep 7** **6:30pm** **3.5 mi** **2A**  
**Ellicott Creek Park**  
 MEET: at first large parking area in park off of Niagara Falls Blvd. (across from Paul's Jewelers).  
 Call GAYLE SYTY 691-6750

**Wednesday Night Mini-Hike, Sep 14** **6:30pm** **4 mi** **2A**  
**Ellicott Creek Trailway**  
 MEET: in parking area on North Forest Road, north of Maple Road.  
 Call DEE McCARTHY 866-1233

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